

ms. voice



Newsletter

January 2022

Happy New Year! We hope you have had a very enjoyable and relaxing summer so far.

Welcome to our January edition of MS Voice. Here, we bring you the latest news from MSNZ and what we have been working on, tips to live well with MS and much more.

We love to share real life stories, if you would like to share *your* MS story with the MS Community, please get in touch: info@msnz.org.nz

MS Announcements and Events



Bangers to Bluff Rally 2022

MSNZ are thrilled to once again be a chosen charity for the Bangers to Bluff Rally. The annual rally, organised by The Rotary Club of Half Moon Bay, challenges teams to drive a 'banger' from Auckland to Bluff, on roads less travelled via several iconic regions.

The 2022 rally departs Auckland on the 29th March and arrives in Bluff on the 9th April. Travelling roads less travelled, approximately 18 teams will compete for points and prizes, by participating in challenges and competitions.

You can support this event by donating, liking, registering, or joining us along the way - our team would love to meet and greet as many people as possible, so join us and together we can help New Zealanders thrive.

[Bangers to Bluff 2022](#)

Amplify your voice



Bronwyn's aHSCT Journey

I was 30 years old and working as a civil litigator when I woke up one morning in July 2011 with a complete loss of vision in my right eye. I was diagnosed with optic neuritis and warned of the link with multiple sclerosis. Within a few months I had an MRI which showed multiple brain lesions and after a further relapse where my hands felt like they were on fire I was diagnosed in 2011 with relapsing remitting multiple sclerosis (RRMS).

[Read More](#)

Covid updates



Covid vaccine implication survey

This survey has been created to gain information about your experiences whilst getting the vaccine. We are also keen to learn about your decision making process with regards to getting the vaccine.

We would appreciate your time in completing this very short survey.

Get Involved

[Get involved with MSNZ](#)

There are so many ways you can get involved. MSNZ and all the Regional Societies that we support would not function without the hard work and support of our volunteers.



Volunteering opportunities may involve collecting at Street Appeals, helping at or organising events or supporting the office staff with daily tasks.

[Read more](#)

[Evaluating health literacy in individuals with a neurological condition and caregivers - Survey](#)



Are you living with a neurological condition? Do you support someone living with a neurological condition? Are you interested in undertaking a survey on health and e-health literacy (the ability to find, understand, and use online and offline health information)?

This study is observational and will provide us with information needed to develop novel health and e-health literacy interventions for people living with neurological conditions and caregivers.

[Read more](#)

[aHSCT petition](#)



Overseas, Autologous Haemopoietic Stem cell Treatment (aHSCT) is having a profound effect on the lives of many people, particularly those with highly active Multiple Sclerosis. Some with more advanced MS are also seeing their progression halted. aHSCT is not intended to reverse the damage done, but it can restart the immune response and **halt further progression**.

Please sign this petition to call on the Government to make aHSCT available for MS patients.

[Read more and sign the petition here](#)

[An online educational course for people with MS - Study](#)



This study aims to compare the effectiveness of the two online courses (the MS Online intervention course and the MS Online standard-care course) in improving outcomes in people with MS through a randomised controlled trial. The two online courses deliver information about possible modifications to lifestyle behaviours that may affect health outcomes.

[Read more](#)

Fancy Fundraising?!

Why not set yourself a challenge for 2022 by participating in one of the below events, raising funds to support those impacted by Multiple Sclerosis here in New Zealand.



[ASB Auckland Marathon – 23rd January 2022](#)

Join in New Zealand's biggest, most iconic, colourful, cultural running celebration. Be part of the action and Run the City.

[Read More](#)

[BDO Lake Taupo Cycle Challenge – 19th February 2022](#)



New Zealand's largest cycling occasion, is arguably one of the country's largest sports participation events, and is back on Saturday 19 February 2022. With a philosophy of inclusion, it's excited to have a change of course this year to become a fabulous multi-charity event! Not only is the event looking to welcome around 5,000 riders and over 8,000 supporters but has also set the incredible goal to raise \$100,000 for charities like us.

[Read More](#)



[New Zealand Sotheby's International Realty Hawke's Bay Marathon 2022 – 14th May 2022](#)

Take in the best highlights of the region, with flat easy running through local cycle trails, quiet country roads and pass vineyards and orchards - all finishing at the impressive Elephant Hill Estate & Winery where you can celebrate your efforts in style.

[Read More](#)

Looking after yourself



[Taking care in the summer heat](#)

Remember the importance of keeping hydrated and look out for signs of your MS worsening because of the heat. Our website contains hints and tips to cope with the heat.

If you have any tried and tested methods you'd like to share, we would LOVE to hear. Please email info@mssnz.org.nz or send us a message via our Facebook page: <https://www.facebook.com/mssnz>

[Read more](#)



[Job-seeker tool launched for people with disabilities](#)

Jobseekers with disabilities have a new job-search tool to help them find work, in a job market that is crying out for skilled labour.

Disability employment organisation, Workbridge, launched an online jobs portal on Friday, the [International Day for Disabled People](#).

[Read more](#)



[Accessible Day Out Library - Resource](#)

Looking to plan a day out, but worried about accessibility needs?

Worry no more! The Accessible Day Out Library has you covered!

[Read more](#)



[Making it easy to give a hand](#)

Support Crew is a free online support platform that easily co-ordinates meals and support for family and friends in need.

When dealing with a life event, we struggle to ask for help and our friends don't know how to help.

With Support Crew, it's simple, personal, and easy for everyone.

[Read more](#)



[What's wrong with you? Podcast](#)

What's Wrong With You? is a podcast about disability that tackles the tricky questions disabled people are asked – often by random strangers on the street.



The seven-part series is hosted and produced by a team of young disabled women who want to tell their stories from their perspective.

[Listen here](#)

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Multiple Sclerosis
New Zealand

P.S. Please check our our [Latest News](#) section on our website for updated guidelines and information.



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